



### Water for Your Horse

Endurance riders are advised to allow their horses to drink at every opportunity. When you come to water, try not to muddy the water and leave it unpalatable for horses following behind you. If several horses arrive for water at once, allow your horse to water in its turn, and do not rush off as soon as your horse has drunk its fill, as you may disturb someone else's horse that still needs to drink. It may not drink if it sees another horse moving off, and may miss out on much needed water. A few minutes spent at the water can soon be made up further down the track and you will have helped another rider to care for their horse. Water provided by ride management for horse drinking is not for the purpose of washing down horses. The last horses that come along for a drink may find it unpalatable and miss out on a drink. Sometimes strapping water is provided in a separate container for you to use.

### Vetting

At the vet check, stay aware of what is happening around you and be considerate of horses that are having their heart rates taken. Refrain from loud noises or quick movements or allowing your horse to disturb others in any way. Wait your turn quietly if there is a hold-up in the vet ring. The stewards and vets will be doing their best to attend to you.

Most ride organisers appreciate feed-back on their ride. If you liked it, say so, if you have some constructive criticism to improve the ride for next time, please tell them.



### After the Ride

The ride committee has worked hard to organise the ride. It is part of endurance riding tradition for everyone to attend the ride presentations and applaud the winners and completers. We can all think of a hundred reasons why we would like to pack up and rush home as soon as we have completed our ride. But please don't. The ride is not over until after the presentations. Attend the presentations, talk to your friends and give your horse a chance for a rest and a feed before heading for home.

We hope you enjoy your ride and come back again – maybe soon you will enter an 80k Endurance ride! And perhaps one day in the future it will be a 160k "100 Miler"!

**Welcome to this great sport—ITS  
ALL ABOUT HAVING FUN!**



FOR MORE INFORMATION PLEASE VISIT THE  
TEERA WEB SITE:

<http://www.aera.asn.au/teera>

# Tasmanian Equine Endurance Riders Association Inc



**20k INTRODUCTORY RIDES  
&  
40k TRAINING RIDES**



**To complete is to win!**



**Following are a few tips about Endurance riding that will help you and your horse enjoy your introduction to the sport.**

## Ride Entry

### 20k Introductory Ride

If you have decided to attend a 20k Introductory Ride, you must phone or email the ride organiser (before the Wednesday prior to the ride) with your details. If you are then unable to attend, please phone again to let the ride organiser know.

### 40k Training Ride

If you are entering a 40k Training Ride you must complete a Day Membership application through the TEERA Membership Registrar and allow at least two weeks for this to be processed. You will receive a Day Membership card and you then need to enter the ride by phoning the contact person up to the Wednesday prior to the ride. This enables the ride committee to organise the appropriate number of vets and stewards.

## Arriving at the Ride Base

For those new to endurance riding, good manners in camp and on track from both rider and horse can make for a pleasant ride that you can look back on with fond memories. In setting up your camp, only take up enough space as necessary and consider others nearby. Make sure the yard you erect to keep your horse in is appropriately set up either a steel panel yard or an electric fenced yard which needs to be made of at least two rows of electric tape, the top tape being electrified whenever your horse is using it. The posts used should be substantial (steel pickets) and they must be capped. Please leave sufficient space from water points making access for others easy. If hoses are available remember to share them with other riders. Dogs may not be permitted at some rides—if allowed, they need to be secured at all times. No late parties—be considerate of others and keep noise to a minimum especially after 9.00pm as the longer riders will need to be up early. After you have set up your camp, make your way to the Ride Secretary, complete your entry, and collect your ride number vest and then, wearing your ride vest, present to

the vet ring for pre-ride vetting. Don't forget your horse Ride Card. Your horse will have his heart rate, respiration and temperature recorded. It is **strongly recommended** that you practice this at home (particularly taking the temperature) prior to the ride. Payment of your entry as a Day Member will provide you with Public Liability Insurance. If you become a full TEERA member you will be covered for both Public Liability and Personal Accident.

## Pre Ride Talk (Briefing)

It is compulsory to attend the pre-ride talk as you will be given valuable information about the ride and any questions you may have can be answered. Be aware that no whips, spurs or equipment that could be deemed to be used for whipping a horse are permitted (such as long reins). Leave your horse in his yard while you attend the briefing. Please be polite and friendly to the volunteers at the check-points and gates as they are helping to run the ride for your pleasure.

## Rider Clothing

All riders must wear an equestrian standard helmet that complies with the equestrian standard in Australia. If flat heeled running shoes are worn, then safety stirrups should be used. The national endurance body, AERA, suggests that clothing should be appropriate, look smart and not restrict the rider. Remember to protect yourself from sunburn and shrubbery.

## The Ride

Whilst on track, the rider should maintain control of the horse, directing its speed and direction at all times. An endurance horse needs basic training in the walk, trot and canter, and to be under the control of the rider. You may have seen endurance riders riding experienced horses with simple rope halters. Your horse may respond quite well to a rope halter when riding quietly at home, but be prepared for your horse to become excited in new surroundings and in the company of strange horses. So, please make sure that your horse is under control at all times. Before the start of the ride, decide where you would like to be in the field. If you are nervous and your horse is excited, you may choose to start five minutes after the main group, when the other horses are out of sight. Keep your distance from other horses. **Never ride up close behind another horse.** In the case of a child rider, it is important to keep away from that horse and not to disturb the child. (Riders under 10 must be supervised by an adult at all times). Riders who ride a horse wearing a **red ribbon** are warning that the horse may kick and the rider needs some space. Keep well

out of their way. Riders of stallions wear a 'letter' bib must indicate that they are riding a stallion by tying a **blue ribbon** in the tail so that other riders are aware and do not ride too close to them.

## Riding to Time

If no pace rider is used to set the pace, there will be distance markers at every 5k. Use these to help you pace your ride – there is no point in going too fast only to find that you have to go very slowly for the last few kilometers in order to not come in too early. At all vet checks (excluding the pre-ride check) your horse's heart rate must be 55 bpm or below.

20k – Minimum riding time is 2.5 hours (average 8k/hr) – you should reach the 10k mark at about 1hr 15mins. Horses must be 3 years or over on the day of the ride.

40k – Minimum riding time is not less than an average of 14k/hr but is determined by the ride committee in consultation with the Chief Steward and is usually set at 3 hours – this will be announced at the pre-ride briefing. Horses must be at least 4 and a half years on the day of the ride and must show a full mouth of permanent teeth erupted (but the corner incisors need not be in wear).

## Etiquette on Track

Please wait for a suitable place on the track to overtake other horses. If you want to pass a rider or group of riders in front of you on a track where there is limited room, call out to the rider/group that you wish to pass on the left or the right, whichever is most suitable. Wait for them to acknowledge your request, then pass and move on out of their way. Do not dawdle in front of the group and annoy them. Whether you are alone or in a group, do not try to prevent other horses and riders overtaking you. Move over at the first possible opportunity and let them pass. If on the other hand you catch up to a group of riders and they invite you to pass, but you really wish to slow up and travel at their pace, say so, and stay behind them at a distance which will not disturb their horses. If you find another rider on the track in distress, **always** stop and ask if you can help, or, if the situation warrants it, ride to the nearest communication check-point so that help can be organised to reach the rider in trouble. One day it could be you who may need assistance.

**Remember at all times that these rides are non-competitive, enjoy your time on the track and take as long as it takes. Place and finish times in 20 and 40k rides are not recorded, recognised or announced**  
**SUCCESSFUL COMPLETIONS**  
**ARE WHAT WE CELEBRATE!**